

understanding grief & loss

our minds matter

There is not a typical response to loss, as there is no typical loss. Our grieving is as individual as our lives. –Kübler-Ross

what is grief?

Grief is a natural response to loss. It does not progress in a predictable or linear way. Everyone grieves in their own way at their own pace.

length of grief

There is no time limit on grief—some people get back to their usual routine fairly quickly, while others may take longer. Whatever your grief experience, it's important to be patient and accepting toward yourself and allow the process to naturally unfold.

how do people grieve?

How you grieve depends on many factors including the circumstances of the loss, past experiences of loss, your personality and coping style, your faith, and how significant the loss was to you.



common range of grief reactions:

emotional symptoms

- Shock, disbelief, denial
- Numbness
- Sadness
- Guilt, remorse, regret
- Fear, anxiety (e.g. about one's own mortality)
- Anger

physical symptoms

- Fatigue
- Nausea
- Loss of appetite
- Lowered immunity
- Weight loss or gain
- Aches and pains
- Poor sleep

text **MIND** to 741741 or call **988** for support

grief is not linear

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There are a lot of well-intentioned but nonetheless harmful & false narratives about grief. For every common misconception, there's a complex truth about processing grief.



“the pain will go away faster if you ignore it”

Ignoring your pain will only make it worse in the long run. In order to heal, it is necessary to face your grief and learn to cope with it.

“it's important to be strong in the face of loss”

Loss can trigger many strong emotions. Crying or voicing these feelings doesn't make you weak - it just means that you're sad, angry, frightened, lonely... In fact, being honest about what you're feeling often requires great strength! You don't need to “protect” your family or friends by putting on a brave front, either.

“if you don't cry, it means you aren't sorry about the loss”

Crying is a normal response to loss, but it's not the only one. There's no one right way to feel, and no single right way to express what you're feeling either. Those who don't cry may feel the pain just as deeply as others. They may simply have other ways of showing it. Let yourself feel what you feel, and turn to those who can accept you as you are.

“grief should last about a year”

Your grief will move on its own timetable. However, the loss will be part of your life from now on. Your active grieving may lessen over the course of a few weeks or months. Sometimes it can take longer. You may also find that you are suddenly hit with intense feelings of grief again after a long period where you haven't been as focused on the loss. All of this is normal.

“moving on with your life means forgetting about your loss”

Moving on, or living your life fully, means you've accepted your loss—but that's not the same as forgetting. You can move on with your life and keep the memory of someone or something you lost as an important part of you. Moving on can also mean finding a new way to feel connected to the person who died, and this may mean different things to different people and in different cultures.

“you can't be happy when you're grieving”

It's perfectly normal and even healthy to have moments when you aren't thinking about the loss and instead enjoy hanging out with your friends and doing fun things. Many people feel guilty for these moments, but please recognize that they are just another part of the grief journey. They in absolutely no way mean that the person you lost wasn't important to you or that you have forgotten them.

comprender el duelo y la pérdida

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No hay una respuesta típica a la pérdida, como no hay una pérdida típica. Nuestro duelo es tan individual como nuestras vidas. –Kübler-Ross

¿qué es el duelo?

Grief is a natural response to loss. It does not progress in a predictable or linear way. Everyone grieves in their own way at their own pace.

duración del duelo

There is no time limit on grief—some people get back to their usual routine fairly quickly, while others may take longer. Whatever your grief experience, it's important to be patient and accepting toward yourself and allow the process to naturally unfold.

¿cómo se vive el duelo?

How you grieve depends on many factors including the circumstances of the loss, past experiences of loss, your personality and coping style, your faith, and how significant the loss was to you.



gama común de reacciones de duelo:

síntomas emocionales

- Conmoción, incredulidad, negación
- Aturdimiento
- Tristeza
- Culpa, remordimiento, arrepentimiento
- Miedo, ansiedad (por ejemplo, sobre la propia mortalidad)
- Ira

síntomas físicos

- Fatiga
- Náuseas
- Pérdida de apetito
- Disminución de la inmunidad
- Pérdida o aumento de peso
- Dolores y molestias
- Sueño insuficiente

envía **AYUDA** al 741741 o llama al **988**
y pulsa la opción **2** para obtener ayuda

el duelo no es lineal

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Hay muchas ideas falsas y bienintencionadas sobre el duelo. Por cada concepto erróneo, hay una verdad compleja sobre la elaboración del duelo.



"el dolor desaparecerá más rápido si lo ignoras"

Ignorar tu dolor sólo hará que empeore a largo plazo. Para curarte, es necesario afrontar tu dolor y aprender a sobrellevarlo.

"es importante ser fuerte ante la pérdida"

La pérdida puede desencadenar muchas emociones fuertes. Llorar o expresar estos sentimientos no te hace débil, sólo significa que estás triste, enfadado, asustado, solo... De hecho, ser sincero sobre lo que sientes a menudo requiere una gran fortaleza. Tampoco hace falta que "protejas" a tu familia o amigos mostrándote valiente.

"si no lloras, significa que no sientes la pérdida"

Llorar es una respuesta normal a la pérdida, pero no es la única. No hay una única forma correcta de sentir, ni tampoco una única forma correcta de expresar lo que sientes. Los que no lloran pueden sentir el dolor tan profundamente como los demás. Puede que simplemente tengan otras formas de demostrarlo. Permítete sentir lo que sientes y acude a quienes pueden aceptarte tal y como eres.

"la pena debería durar alrededor de un año"

Tu duelo seguirá su propio ritmo. Sin embargo, la pérdida formará parte de su vida a partir de ahora. Su duelo activo puede disminuir en el transcurso de unas semanas o meses. A veces puede llevar más tiempo. También es posible que, tras un largo periodo en el que no has estado tan centrado en la pérdida, de repente vuelvas a tener sentimientos intensos de dolor. Todo esto es normal.

"seguir adelante con tu vida significa olvidar tu pérdida"

Seguir adelante, o vivir tu vida plenamente, significa que has aceptado tu pérdida, pero eso no es lo mismo que olvidar. Puedes seguir adelante con tu vida y mantener el recuerdo de alguien o algo que perdiste como una parte importante de ti. Seguir adelante también puede significar encontrar una nueva forma de sentirse vinculado a la persona fallecida, y esto puede significar cosas distintas para cada persona y cada cultura.

"no puedes ser feliz cuando estás de luto"

Es perfectamente normal e incluso saludable tener momentos en los que no piensas en la pérdida y, en cambio, disfrutas saliendo con tus amigos y haciendo cosas divertidas. Muchas personas se sienten culpables por estos momentos, pero reconozca que son una parte más del proceso de duelo. No significan en absoluto que la persona que has perdido no fuera importante para ti o que la hayas olvidado.